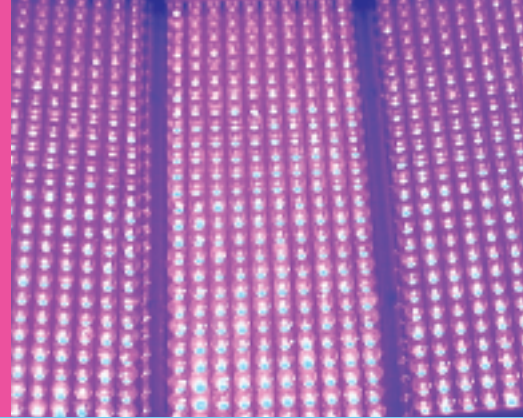


# Aesthetic Buyers Guide®

The Leading Cosmetic Practice Resource™



## Omnilux Achieves Integral Role in Aesthetic Medicine

Omnilux, a light emitting diode (LED) system from PhotoTherapeutics Limited (Altrincham, U.K.), is a surprisingly easy and effective modality for treating a wide variety of skin conditions. Based on a dense matrix of high intensity LED elements, the Omnilux features multiple treatment heads that are wavelength specific.

“We use the Omnilux frequently for photodynamic therapy (PDT) applications,” said Mark B. Taylor, M.D., director of the Gateway Aesthetic Institute and Laser Center in Salt Lake City, Utah. “The most common indications are acne and in combination with a photosensitizer for precancerous lesions, such as actinic keratosis (AKs), basal cell carcinomas and Bowen’s disease.” Dr. Taylor also uses Omnilux with Levulan (DUSA Pharmaceuticals) in patients with severe cases of acne. “I’ve also had success using the new Omnilux plus 830 nm (near-infrared) treatment head for conditioning the skin after laser resurfacing.”

For laser resurfacing, patients are given six minutes of Omnilux plus (830 nm) treatment for two days after the procedure. “We then switch to the Omnilux revive (633 nm) head for six minutes at subsequent visits,” Dr. Taylor explained. “Patients appear to heal faster with less inflammation and quicker re-epithelialization.” The data on photorejuvenation using Omnilux together with the Levulan Kerastick is also encouraging. “I believe that the light by itself causes subtle improvements in skin tone, firmness and elasticity.”

**Bruce A. Russell, M.D.**, a dermatologist in a private research-based practice in Portland, Ore., uses the Omnilux primarily to treat acne and AKs. “It has been easy to incorporate the system into our practice,” he stated. “It fits in a niche where other devices do not currently function well. For instance, prior

Photos courtesy of Nick Lowe, M.D.



Before Tx



After Tx

May / June 2005

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Suzanne Kilmer, M.D.

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to the Omnilux, we really didn't have a reliable device for the gamut of acne conditions, even though we have over 20 lasers. The Omnilux is definitely the most effective system we have for acne."

For acne, most patients receive twice weekly treatments for one month. "We use a combination of red (revive) and blue (415 nm) light," Dr. Russell said. "But for more difficult patients with deeper acne lesions, we use Omnilux plus, along with the other two wavelengths."

**Dr. Russell's prospective** study of 22 acne patients showed that at 12 weeks after final treatment with alternative blue and red light, there was a reduction of over 80% in inflamed lesions. "Many of our acne patients were considering Accutane as a last resort. However, the Omnilux can provide quicker results and offers better patient compliance because there is no flaring as with Accutane. Accutane patients often get worse before they get better." ■

## Clinical Roundtable Discussion

Editor's Note: We gathered several leading Omnilux researchers together to learn from their clinical experiences and understand the evolving role of this unique LED technology.

**What conditions do you treat with the Omnilux and has it been easy to integrate into your practice?**

**Nick Lowe, M.D.** – I use the Omnilux blue (415 nm) head alone for treating inflammatory acne and as part of an acne treatment protocol. We often combine the Omnilux with topical therapies, systemic therapies, microdermabrasion and peels when treating acne. I also combine the Omnilux with 5-ALA for PDT, mainly for certain skin cancers: Bowen's carcinoma, superficial basal cell cancers, and multiple, more severe AKs, particularly on the face, chest, forearms and arms.



Nick Lowe, M.D.

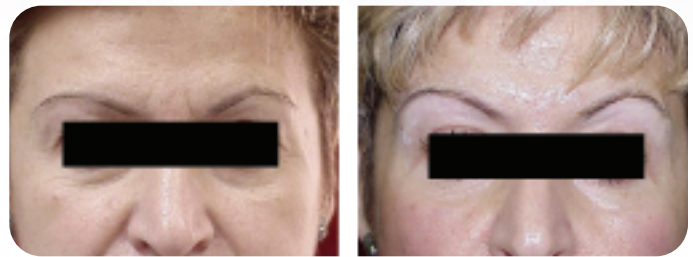
**Mario Trelles, M.D., Ph.D.** – I am a plastic surgeon who uses the Omnilux to improve the recovery time of tissue. We also observe very nice aesthetic improvements with surgery. Wound healing after laser resurfacing responds nicely. After facelifting, patients respond well to the Omnilux. We are also able to reduce complications from breast augmentation.



Mario Trelles, M.D., Ph.D.

In addition, we use the Omnilux revive (633 nm) head to produce enhanced results after Botox and rap-

Photos courtesy of Mario Trelles, M.D., Ph.D.



Before Tx

After Tx

idly decrease recovery time. The plumpness of the skin significantly improves and we avoid the risk of bruising. For blepharoplasty, we're able to reduce edema and quicken the healing time of tissue. We consider the Omnilux to be an integral component of our total concept of skincare.

**Jean Francois Tremblay, M.D.** – I use the blue and red (revive) treatment heads for acne, inflammatory scars, perioral dermatitis, facial eczema, and following laser resurfacing to accelerate healing. One of our studies using Omnilux blue light alone to treat acne vulgaris concluded that there was a significant therapeutic effect on inflammatory lesions, both papules and nodules. There were also no side effects among the 14 patients. The average improvement after four weeks or eight sessions was around 60% to 70%. Today, though, we are using both blue and red light to treat acne vulgaris. We are definitely seeing better results than using the blue light alone.

## What are your typical treatment protocols? What clinical and subjective results are you achieving?

**Dr. Lowe** – When treating a patient’s face, we use protective light-opaque goggles. We are seeing excellent results for acne and certain skin cancers. When using the Omnilux as part of aminolevulinic acid (ALA)-PDT for these skin cancers, I use Levulan. For superficial basal cell carcinomas and Bowen’s carcinoma, the incubation time is normally three to four hours. But for multiple AKs, it is only one hour, after curetting the thicker AKs. When using ALA-PDT for photorejuvenation, I mainly restrict it to patients who also have AKs.

**Dr. Trelles** – Our patients start treatment with the Omnilux immediately after surgery, then every two days for a maximum of five sessions. Patients are very happy with the treatment.

**Dr. Tremblay** – For acne vulgaris, I normally use the blue light during the first part of treatment, then a combination of blue and red light near the end of treatment. The blue light has more effect on *P. acnes*, whereas the red light has a deeper effect on inflammation. I also usually use retinoids and/or benzyl peroxide. There are a total of 8 to 12 light treatments, again twice a week, depending on the severity and on the patient’s improvement.



Jean Francois Tremblay, M.D.

The benefits of Omnilux light only treatment for acne include no downtime, no systemic medications and no side effects. Duration of clearance ranges from three months to one year. Furthermore, 30% to 40% of patients report a decrease in sebum production.

For our psoriasis study, patients so far have experienced markedly diminished itching and a decrease in erythema and scaling.

## Have you used Omnilux in combination with intense pulse light (IPL) or other modalities?

**Dr. Tremblay** – I’ve used Omnilux with IPL and with microdermabrasion to treat wrinkles and mild-to-moderate AKs. For AKs, using a combination of Omnilux and IPL the results are still very preliminary.

**Mark B. Taylor, M.D.** – We’re using the Omnilux together with some of our long-pulse Nd:YAG lasers for the treatment of stretch marks. We’re also experi-



Before Tx



After laser resurfacing in combination with Omnilux plus and Omnilux revive (Derma-K Laser CO<sub>2</sub>, 6 watts, 40% duty cycle, 1.4 J/cm<sup>2</sup>, 12 Hz, 4 mm spot)

menting using the Omnilux in combination with the long-pulse YAG in trying to dissolve fat.

## Bruce A. Russell, M.D. –

Sometimes we use the Omnilux plus in conjunction with the Titan (Cutera) for photorejuvenation. We’re getting some interesting results. I also like that the Omnilux has the flexibility of interchangeable treatment heads.

Furthermore, because the Omnilux has no heat, we can treat sensitive post-surgical skin.



Bruce A. Russell, M.D.

## What are some of the advantages of Omnilux therapy over conventional treatments?

**Dr. Taylor** – There are no systemic adverse effects when treating with the Omnilux. It is an anti-inflammatory, healing device that virtually has no side effects. Patient compliance is also good and there is minimal pain.



Mark B. Taylor, M.D.

**Dr. Lowe** – Compared to surgery, the Omnilux provides superior cosmetic results for multiple AKs and other kinds of cancers. Some of our patients have also shown good photorejuvenation in the surrounding skin.

**Dr. Trelles** – Before the Omnilux, our surgical results were not as good. Skin plumpness, recovery time and luminosity have all dramatically improved.

**Dr. Russell** – The biggest advantage conceptually is that Omnilux offers the capability of providing continuous bombardment with photons of the correct wavelength, intensity and dose for up to 20 minutes. This is important in treating diseases like AK and acne. Wavelengths are also a crucial factor in the effectiveness of an acne treatment, just as it is when treating hair or blood vessels. One thing that has become very clear through acne research by others and ourselves is that a single wavelength will not suffice for all acne patients.

### Why should physicians incorporate Omnilux into their practice?

**Dr. Lowe** – This single platform technology offers diversity and flexibility. In my opinion, Omnilux is one of the most uniform ways of delivering light energy to activate whatever topical porphyrin you are using. Omnilux has a built-in cooling system and a flexible head-like unit that can be molded to the shape of the treatment area. The device has also been totally trouble free in our hands. You can select small areas for treatment, as well as very large areas.

**Dr. Taylor** – Omnilux has been easy to incorporate into our practice. It can be used as stand-alone therapy or in combination with other aesthetic procedures. Treatment is very safe. For rosacea, you can combine the Omnilux with IPL. In fact, we've combined IPL, Levulan and up to eight minutes of light. This protocol works great for patients with telangiectasia.

**Dr. Tremblay** – Some LEDs are not as powerful as the Omnilux, so results are not as impressive. The Omnilux is great technology. We will continue to increase our understanding of how to use it alone or in combination with topical photosensitizers for different medical and cosmetic applications. Patients are overwhelmingly satisfied.

**Dr. Trelles** – Omnilux decreases the chance of inflammation. Tissue also potentially recovers faster. Several specialties of medicine can benefit by offering better

treatment to their patients. We're currently using the Omnilux to treat chronic ulcers to see if healing time can be speeded up.

**Dr. Russell** – Omnilux therapy is here to stay. For those of us who have been used to high-powered lasers, we need to learn that this low-power approach can offer very, very gratifying results to our patients. ■

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Basal cell carcinoma before Tx



Basal cell carcinoma after Omnilux PDT  
Tx with 5-aminolevulinic acid